



About SMARTBALLS

Ladies, no more using *muti* or unhealthy creams. **Dr Eve** has the ideal solution to tighten your vaginal muscles



Remember when it was rude to say the word ‘vagina’ out loud? A time when it was never mentioned in magazines or films? Today woman say the ‘v-word’ and are demanding the right to knowledge about their vaginas.

Just so you know, your vagina is part of your genitals. We call female genitals the ‘vulva’. The vagina lies inside the vulva. It is a cavity – a space that opens up when women become sexually aroused or when they need to insert a tampon or a sex toy.

A whole new area of health has emerged, namely ‘vaginal health’. Vaginal health is about how to keep the vagina working well throughout a woman’s lifespan. From the time she is born, through her menstruation, her premenstrual stress, pregnancies and menopause, women’s vaginal health needs attending to by women and by healthcare providers.

Let’s consider the vagina. It is a wonderful part of a woman’s anatomy and takes care of itself. It cleans itself out daily with its own natural discharges so that a woman never has to use anything special, except soapy water, to keep her genitals fresh and clean.

It is never a good idea to use douches (showers) to keep clean or keep tight. Douching is necessary only if your doc-

tor recommends it, and only for a short period of time.

When muscles weaken

The vagina is surrounded by a number of muscles. These are very important as they hold up the internal organs, namely the vagina, uterus, ovaries, bladder and anus. Over time, these muscles weaken.

When this happens, women feel that their orgasms are not as strong as they used to be. Also, they may begin to have some urinary incontinence – you know, that horrid feeling when you jump, sneeze or cough and you pee a little bit? Or, you find that you need to pee more often.

This is a sign that your muscles are weakening. Also, your man may tell you that you don’t feel so tight inside anymore. That’s when you panic and look for a solution. Remember, douching of any kind is not the solution.

SMARTBALLS can help

SMARTBALLS are weights, like ball bearings, covered in medical-graded silicone material. They look pretty as they come in gorgeous bright colours. They are two balls connected with silicone. This gives you the choice of using one ball at a time or both balls together.

Just as you use various weights to train other muscles in your body, so you use

SMARTBALLS to train your vaginal muscles to become stronger and tighter.

How to use them

1 Identify the group of muscles in your vagina that you want to strengthen. When you pee, tighten your vaginal muscles and stop the pee – then release. This is the muscle group you’ll be exercising.

2 Lie on your back and insert one ball into your vagina. Apply a little water-based lubricant to the entrance of your vagina as it will slip in more easily.

3 Tighten the muscles around your SMARTBALL by contracting for five counts and releasing. Do it 10 times.

4 Next, stand up and walk with one SMARTBALL inside your vagina. If the ball falls out, you need to spend more time on your back, tightening and releasing your muscles around the SMARTBALL.

5 Walk around like this for a few minutes a day until you can comfortably keep the ball inside you.

6 Then it’s time to insert both balls into your vagina. Follow the same procedure as above.

7 Once you can comfortably walk around with both balls inside, use SMARTBALLS a few minutes a day as daily maintenance.

8 You can wear them all day if you wish – it will keep muscles tight, and even keep you aroused, as your vagina is being both stimulated and lubricated. ❖

SMARTBALLS cost R299 (excluding postage) and are available from www.dreve.co.za. Phone Dr Eve on 021 439 4004 or email dreve@dreve.co.za